

## Physical Urticaria

Urticaria	Precipitant	Time of onset	Duration	Local symptoms	Systemic symptoms	Tests	Mechanism	Treatment
Symptomatic dermographism	Stroking skin	Minutes	2-3 hr	Irregular, pruritic wheals	None	Scratch skin	Passive transfer; IgE; histamine; possible role of adenosine triphosphate; substance P; possible direct pharmacologic mechanism	Continual hydroxyzine regimen or nonsedating antihistamines; combined H <sub>1</sub> and H <sub>2</sub> blockers
Delayed dermographism	Stroking skin	30 min-8 hr	≤48 hr	Irregular, pruritic wheals	None	scratch skin; observe early and late	Unknown	Avoidance of precipitants
Pressure urticaria	Pressure	3-12 hr	8-24 hr	Diffuse, tender swelling	Flulike symptoms	Apply weight	Unknown	Trial of antihistamines, middle- to low-dose glucocorticosteroids, dapsone
Solar urticaria	Various wave-lengths of light	2-5 min	15 min- 3 hr	Pruritic wheals	Wheezing; dizziness; syncope	Phototest	Passive transfer; reverse passive transfer; IgE; possible histamine	Avoidance of precipitants; antihistamines; sunscreens, hydroxychloroquine
Familial cold urticaria	Change in skin temperature from cold air	30 min-3 hr	≤48 hr	burning wheals	Tremor; headache; arthralgia; fever	Expose skin to cold air	Unknown	Avoidance of precipitants
Essential acquired cold urticaria	Cold contact	2-5 min	1-2 hr	Pruritic wheals	Wheezing; syncope; drowning	Apply ice-filled copper beaker to arm; immerse arm in cold water	Passive transfer; reverse passive transfer; IgE (IgM); histamine; vasculitis can be induced	Cyproheptadine or other antihistamines; desensitization; avoidance of precipitants, oral doxycycline, or penicillin

Heat urticaria	Heat contact	2-5 min (rarely delayed)	1 hr	Pruritic wheals	None	Apply hot water- filled cylinder to arm	Possible histamine, possible complement	Antihistamines desensitization; avoidance of precipitants, hydroxychloroquine
Cholinergic urticaria	General overheating of body	2-20 min	30 min- 1 hr	Papular, pruritic wheals	Syncope; diarrhea; vomiting; salivation; headaches	Bathe in hot water; exercise until perspiring; inject methachol ine chloride	Passive transfer; possible immunoglobulin; product of sweat gland stimulation; histamine; reduced protease inhibitor	Application of cold water or ice to skin, H <sub>1</sub> antihistamines
Aquagenic urticaria	Water contact	Several min - 30 min	30-45 min	Papular, pruritic wheals	None Reported	Apply water compresse s to skin	Unknown	Avoidance of precipitants; antihistamine;applicatio n of inert oil
Vibratory angioedema	Vibrating against skin	2-5 min	1 hr	Angioedema	None Reported	Apply body or vibrating mixer to forearm	Unknown	Avoidance of precipitants
Exercise induced anaphylaxis	Exercise; some cases of ingestion of certain foods	During or after exercise	Minutes to hours	Pruritic wheals	Respiratory distress; hypotension	Exercise testing; immersion tests	Unknown	Antihistamine,epinephri ne auto-injector

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